



Monroe Street Pool

3401 Monroe Street
760-602-4685

The facility includes the 25-yard by 25-meter pool, two 1-meter and one 3-meter diving boards, a shallow play area and access ramp, six sets of bleachers and plenty of deck space. The Aquatic Building includes tiled shower areas, changing and locker facilities and rest rooms. The entire facility is designed for easy access to all. Lockers are available if you bring your own lock and remove it daily. **Parking is limited to current users of the pool; please check in at the front desk.**

For your convenience, an assortment of goggles, caps, towels and swim diapers are available for purchase at competitive prices.

Periodic Emergency Action Plan drills will take place at any time of day and will last for no more than 15 minutes. These drills are designed to enhance and test lifeguards skills, which results in better safety for all users. Your cooperation is necessary and appreciated.

Per Admission Fees (*Proof of residency required.)

Youth/Teen 17 & under.....	\$2
Adult Resident*	\$3
Adult Non-Resident.....	\$4

Discount Passes

	Individual R/NR	Family R/NR
10 Swims Pass	\$30/\$40	—
One Month	\$35/\$50	\$47/\$72
Four Month	\$60/\$90	\$95/\$120

For additional information please go to www.carlsbadca.gov/parksandrec, select the Aquatics tab, select Recreation and lap swim and select Discount pass options.

Recreation Swim ♥

During recreation swim times the shallow end play area is open. **An adult must accompany children under 8 in the water.** Two children under 8 are admitted free with a daily admission adult. To enter deep water you must demonstrate your swimming ability to the lifeguard. The diving boards may be available on weekends, if there is sufficient demand.

Lap Swim ♥

Lap swim is open to persons age 16 or older. Please swim in the appropriate speed lane and circle swim if there are more than two swimmers in the lane. A pace clock, kickboards and pull-buoys are available on deck.



Fall Recreation Swim Schedule*

August 26 - December 31, 2013

Monday-Friday

11:50-2:55 p.m. and 4:35-6:30 p.m.

Weekends

12-3 p.m.

Adult Lap Swimming Schedule*

August 26 - December 31, 2013

Monday-Friday

6-7:30 a.m., 10:30 a.m.-2:45 p.m., 5-6:30 p.m.

Weekends

12-3 p.m., Saturdays only from 9:15-10 a.m.

*NOTE: Schedule is subject to change due to holidays, programs and special events; please call 760-602-4685 for schedule adjustments or go to www.carlsbadca.gov/parksandrec select the Aquatics tab, select Recreation and lap swim

Instructional Classes ♥

American Red Cross standards are taught by Water Safety Instructors. Classes are held Monday, Wednesday, Friday in sessions **FA** and **FD**; Tuesday and Thursday in sessions **FB** and **FE**; Saturday and Sunday in session **FC**. Note that classes that do not meet minimum enrollment may be cancelled.

Masters Swim Program

An adult coached fitness workout, available year-round. See flyer at the pool for more information.

TIME	DAYS	TERM	R/NR FEES
6:00am	M-F	1c	\$4/\$6
12:00pm	M-F	1c	\$4/\$6
8:00am	Sa	1c	\$4/\$6

Activities and classes with ♥ offer a health and wellness benefit to the participant.

Learn to Swim: Ages 5+ ♥

Level 1/2: Exploration/Primary Skills

Skills taught include: enter and exit water safely; blow bubbles; retrieve submerged objects; front and back glides and floats; roll from front to back and back to front; tread water; alternating, simultaneous and combined leg and arm actions on front and back; recognizing an emergency and knowing how to call for help; use of a life jacket, recognizing lifeguards and sun safety.

Monroe Street Pool: Lane 11

Age: 5Y - 10Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57871	3:40-4:10pm	Sa-Su	Sep 7-Oct 6	10c	\$50/\$70
57872	4:05-4:35pm	MWF	Sep 27-Oct 21	10c	\$50/\$70

Level 2: Fundamental Aquatic Skills

Skills taught include those in Level 1 as well as: enter water by jumping from the side; fully submerge and hold breath; bobbing; open eyes under water and retrieve submerged objects; front, jellyfish and tuck floats unsupported; front and back glides and floats; roll from front to back and back to front; change direction of travel while swimming on front or back; tread water using arm and leg actions; combined arm and leg actions on front and back; finning arm action; learn how to stay safe in, on and around the water, including the use of life jacket and sun safety.

Monroe Street Pool: Lane 10

Age: 5Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57873	3:30-4:00pm	Tu/Th	Sep 3-Oct 3	10c	\$50/\$70

Level 3: Stroke Development

Must have passed or mastered all Level 2 requirements without support. Skills taught/completion requirements include: headfirst entries from the side in sitting and kneeling positions; bobbing to safety; rotary breathing 10x's; survival float, back float and tread water all for 30 seconds+; flutter, scissor, dolphin and breaststroke kicks on front; front crawl stroke and elementary backstroke 25 meters; learn to perform simple non-swimming assists; learn to recognize, prevent and respond to cold water emergencies.

Monroe Street Pool: Lanes 9 & 10

Age: 5Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57877	2:55-3:25pm	MWF	Aug 30-Sep 23	10c	\$50/\$70
57875	3:30-4:00pm	MWF	Sep 27-Oct 21	10c	\$50/\$70
57878	2:55-3:25pm	Tu/Th	Oct 8-Nov 7	10c	\$50/\$70
57876	3:30-4:00pm	Tu/Th	Oct 8-Nov 7	10c	\$50/\$70
57874	3:05-3:35pm	Sa-Su	Sep 7-Oct 6	10c	\$50/\$70

Level 4: Stroke Improvement

Must have passed or mastered all Level 3 requirements. Must be able to swim 25 meters or more in deep water without stopping. Skills taught/completion requirements include: headfirst entries from the side in compact and stride positions; swim under water; feet first surface dive; survival swimming; front crawl and backstroke open turns; tread water using two different kicks; front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly; flutter and dolphin kicks on back; learn about recreational water illnesses and how to prevent them.

Monroe Street Pool: Lanes 7 & 8

Age: 5Y - 15Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57880	3:30-4:00pm	MWF	Aug 30-Sep 23	10c	\$50/\$70
57881	2:55-3:25pm	MWF	Sep 27-Oct 21	10c	\$50/\$70
57879	3:40-4:10pm	Sa-Su	Sep 7-Oct 6	10c	\$50/\$70

DATES	MWF Aug 30- Sep 23	Tu/Th Sep 3- Oct 3	MWF Sep 27- Oct 21	Tu/Th Oct 8- Nov 7	Sa/Su Sep 7-Oct 6	
TIME						
10:45am	57759 PITA	57758 PITA	57767 PSA 2/3	57771 PSA 2/3		
11:20am	57761 PSA 1/2	57762 PSA 1/2	57766 PSA 2/3	57768 PSA 2/3		
2:55pm	57877 Level 3	57760 PSA 2	57881 Level 4	57878 Level 3		
3:05pm					57770 PSA 2/3	57874 Level 3
3:30pm	57880 Level 4	57873 Level 2	57875 Level 3	57876 Level 3		
3:40pm					57871 Level 1/2	57879 Level 4
4:05pm	57765 PSA 2/3	57764 PSA 2/3	57872 Level 1/2	57769 PSA 2/3		
4:15pm					57772 PSA 2/3	57882 Level 5

NOTE:

NO classes on Monday, September 2nd and October 14th.

Level 5: Stroke Refinement

Must have passed or mastered Level 4 requirements. Skills taught include: shallow-angle dive from the side then glide and begin a front stroke; tuck and pike surface dives; front flip turn and backstroke flip turn while swimming; front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly; sculling; learn what to think about and do when exhausted or caught in a dangerous situation; learn how to call for help and the importance of knowing first aid and CPR; learn basic safety guidelines for participating in aquatic activities at water parks.

Monroe Street Pool: Lanes 7-10

Age: 5Y - 17Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57882	4:15-4:45pm	Sa-Su	Sep 7-Oct 6	10c	\$50/\$70

Sign up 

New classes, events and fun
delivered right to your email

www.carlsbadca.gov/parksandrec

Parent and Child Aquatics ♥

Parent Infant/Tot Aquatics

For parents (1 or both) and infants ages 6 months to 3 years. Emphasis is placed on water adjustment. NOTE: Infants and tots must wear plastic pants over their swim diapers while they are in the water. Skills taught include: water adjustment and entry; bubble blowing; underwater exploration; front float, glide and leg action; back float, glide and leg action; rolling over/choosing or using life jackets. All skills require parent contact.

Monroe Street Pool: Lane 11

Age: 6M - 3Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57759	10:45-11:15am	MWF	Aug 30-Sep 23	10c	\$50/\$70
57758	10:45-11:15am	Tu/Th	Sep 3-Oct 3	10c	\$50/\$70

Preschool Aquatics: Age 3-5 ♥

Preschool Aquatics: Age 3-5

Preschool Aquatics 2

For children ages 3 to 5 who have mastered all Preschool Aquatics 1 skills. Parent participation is required. Skills taught with support include: exit water using ladder, steps or side; bobbing; open eyes under water and retrieve submerged objects; front and back floats and glides; roll from front to back and back to front; tread water using arm and leg actions; combined arm and leg actions on front and back; finning arm action on back.

Monroe Street Pool: Lane 11

Age: 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57760	2:55-3:25pm	Tu/Th	Sep 3-Oct 3	10c	\$50/\$70

Preschool Aquatics Combo 1/2

Appropriate for students 3 to 5 years old of Preschool Aquatics 1 or Preschool Aquatics 2 ability. Class is combined to help ensure minimum enrollment is met. Parent participation is required. Preschool Aquatics 1 and 2 skills taught/completion requirements include: water adjustment; enter and exit water; blow bubbles; open eyes under water and retrieve submerged objects; front and back glides and recover; back float and recover; combined arm and leg actions on front and back; water safety, including experience wearing a life jacket, recognizing an emergency and how to call for help and recognizing lifeguards and sun safety.

Monroe Street Pool: Lane 11

Age: 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57761	11:20-11:50am	MWF	Aug 30-Sep 23	10c	\$50/\$70
57762	11:20-11:50am	Tu/Th	Sep 3-Oct 3	10c	\$50/\$70

Preschool Aquatics Combo 2/3

Appropriate for students of Preschool Aquatics 2 or 3 ability level. Class is combined to help ensure minimum enrollment is met. Parent participation may be required. Preschool Aquatics 2 SKILLS taught with support include: exit water using ladder, steps or side; bobbing; open eyes under water and retrieve submerged objects; front and back floats and glides; roll from front to back and back to front; tread water using arm and leg actions; combined arm and leg actions on front and back; finning arm action on back. Preschool Aquatics 3 SKILLS taught include those in Preschool Aquatics 2 as well as: enter water by jumping in; fully submerge and hold breath; front, jellyfish and tuck floats; recover from a front or back float or glide to a vertical position; change direction of travel while swimming on front or back; use of a life jacket, recognizing lifeguards and sun safety.

Monroe Street Pool: Lane 11

Age: 3Y - 5Y

CLASS#	TIME	DAYS	DATE	TERM	R/NR FEES
57765	4:05-4:35pm	MWF	Aug 30-Sep 23	10c	\$50/\$70
57767	10:45-11:15am	MWF	Sep 27-Oct 21	10c	\$50/\$70
57766	11:20-11:50am	MWF	Sep 27-Oct 21	10c	\$50/\$70
57764	4:05-4:35pm	Tu/Th	Sep 3-Oct 3	10c	\$50/\$70
57771	10:45-11:15am	Tu/Th	Oct 8-Nov 7	10c	\$50/\$70
57768	11:20-11:50am	Tu/Th	Oct 8-Nov 7	10c	\$50/\$70
57769	4:05-4:35pm	Tu/Th	Oct 8-Nov 7	10c	\$50/\$70
57770	3:05-3:35pm	Sa-Su	Sep 7-Oct 6	10c	\$50/\$70
57772	4:15-4:45pm	Sa-Su	Sep 7-Oct 6	10c	\$50/\$70

*Give a Carlsbad kid
the chance to*

**Learn
Grow Thrive**



Donate to the
Opportunity
Grants program.



Visit www.carlsbadca.gov/parksandrec to watch a video about the program and learn more, or call 760-434-2826.